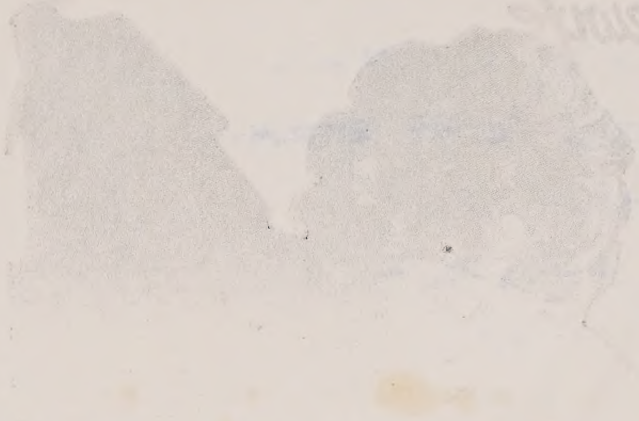
Helping the Housewife

Some Hints
and
Recipes
for use
in the Home
How
to make
Better Bread
and
Confectionery.



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SCONES, PANCAKES, CRUMPETS, DOUGHNUTS, BUNS, BREAD AND ROLLS.

Wheatmeal Bread

(Malted)

9 lbs. Wheatmeal
3 lbs. Strong Flour.
4 ozs. Yeast
4 ozs. Salt
1 lb. Malt Extract
4 ozs. Lard
4 ozs. Treacle
½ gall. Water (xx)

Time in Dough 1½ hours.

Method: Dough up in usual manner with the temperature as near xx 76°F as possible. It may be necessary to add more water. You must keep the dough slack.

Vienna Bread & Rolls :—

14 lbs. Strong Flour 3 ozs. Salt
4 ozs. Yeast 3 qrts. ½ pint water.

Let dough lie for 1½ hours, then give a good working and allow to stand for a further ½ hour—then scale off, hand up and get into shape, proving upside down on cloths. Bake in steam for the first few minutes. Keep dough cool, not more than 72°.

xx Temperature of water is arrived at in the following manner :-

Double the required Dough Temperature	76°
	76°
	152°
Deduct the Temperature of the Flour, say	62°
The required temperature of the water to obtain a dough temperature of 76° will be	90°

The prepared Flour used in the following recipes is made up as follows :—

4 lbs. Soft Flour.

1 oz. Bi-Carbonate of Soda.

2 ozs. Cream of Tartar.

1/2 oz. Salt (The salt is included to avoid error in recipes).

Method : Thoroughly mix the ingredients with the flour by sifting through a closed meshed sieve at least twice.

The milk used in the tests was made up in the proportion of :—

8 ozs. Milk powder to 1 gallon of water.

Method : Convert the powder into a smooth paste with a small quantity of the water. Then add remainder of the water and whisk rapidly. Better results are obtained by making up the milk the day before using.

Milk Scones

1 lb. 6 ozs. Milk
6 ozs. oil.
7 ozs. sugar.
3 lbs. Prepared Flour.
2 Eggs.

Yield : 56 Scones at 1½ ozs.

Method : Weigh milk, oil and sugar into a large basin and whisk altogether till the sugar is completely dissolved. Weigh flour. Introduce same to the basin containing the liquid. Mix with palette knife till smooth taking care not to toughen the mixing. Turn out and weigh at 6 ozs. per head of four scones, chaff and pin to suitable size, then stab and cut into four equal pieces. Next place on a wire pan and bake off in a sharp oven as near 475°F as possible.

Treacle Scones.

2 lbs. Prepared Flour.
1 lb. Milk.
3½ ozs. Treacle.
4 ozs. Sugar.
4 ozs. Oil.
1/2 oz. Mixed spice.
Yield ; 40 Scones at 1½ ozs.

Method : Use the same method as given. If intended for the oven, wash over with egg glaze before firing but if for the hot plate the glazing is optional.

Crumpets.

3 lbs. Prepared Flour.
4¾ lbs. Milk.
2 Eggs.
8 ozs. Oil.
1¼ lbs. Sugar.
Egg colour.
Yield : 9 lbs. 10 ozs. Batter.

Method : Whisk ingredients in a large basin and when smooth allow to stand 10 minutes. Drop on a very warm plate which has been slightly greased and finish off in the recognised manner. These crumpets may be rolled up when warm, flavoured with lemon, and dusted over with icing sugar.

Doughnuts.

2 lbs. Prepared Flour.
3 ozs. Butter.
4 ozs. Sugar.
3 Eggs.
1 lb. 2 ozs. Milk.
Yield : 50.

Method : Dough up lightly and drive out about 1/4 inch thick. Cut out with special cutter for the purpose and boil in oil as near 375°F. as possible. After draining, roll in castor sugar flavoured lightly with cinnamon.

Paris Buns.

2 lbs. Prepared Flour.
5 ozs. Lard.
6 ozs. Sugar.
2 Eggs.
Pinch Ammonia.
Yield : 34.

Method : Dough up with sufficient milk to make a nice, slack workable dough, then drop on greased pans. Fruit or cocoanut may be added if desired. or the buns can be coloured and a suitable flavour added. When ready for the oven, glaze with strong egg glaze and run nib sugar lightly on top. Fire in a very warm oven about 475°F.

Buns.

FERMENT	DOUGH
2 qts. water.	8 lbs. Flour.
4 ozs. Milk powder.	1¼ lbs. Fat.
4 ozs. Sugar.	1¼ lb. Sugar.
6 ozs. Yeast.	1/2 pint. Eggs.
1 lb. Flour.	1 oz. Salt.
Temp : Approx : 95°	Yield : 17¾ lbs. Dough.

Milk Bread.

FERMENT

2 qts. Water Approx. 95°
4 ozs. Milk Powder.
3 ozs. Yeast.
1 lb. Flour.

DOUGH

8 lbs. Flour.
8 ozs. Fat.
2 ozs. Salt.

Rolls weighed off at 1 lb. 2 ozs.
Makes 14 rolls.

Sultana Scones.

4 lbs. Flour.
3½ ozs. Powder 2 x 1.
10 ozs. Sugar.
8 ozs. Oil (Nut).
8 ozs. Sultanas.
Bare 1 qt. Milk.
Makes 16 rings of scones weighed off at 8 ozs. for 4.

Method : Weigh down flour and Powder. Sift, place sugar and oil in bay, mix well. Hand up, handle lightly, wash over with egg, let them lie 1/4 hour. Wash over again and bake in sharp oven. Temp. 480°.

Roc Cakes.

2 lbs. Flour.
1½ ozs. Powder 2 × 1.
10 ozs. Sugar.
10 ozs. Fat.
2 Eggs.
8 ozs. Currants.
1 lb. liquid weight Milk,
Egg colour.

Temp. of oven 440°

Makes 36 cakes.

Method: Weigh down flour and Powder. Sift well, place in bay-sugar and fat. Cream up, add colour and milk. Rub down well. Drop on to slightly buttered tins, wash with egg, sugar over and bake in oven. Temp. 450°. Should there be too much bottom heat on the oven double tin.

Scotch Pancakes.

2 lbs. Flour.
1½ ozs. Powder 2 x 1.
6 ozs. Sugar.
Pinch Salt.
3 ozs. Melted Fat.
4 Eggs.
1½ Pints Milk.
Egg colour.

Method: Place milk, sugar, salt in bowl; whisk up, add flour and powder, whisk again. Add hot melted fat, let it lie 5 minutes. Whisk up again. Ladle on to moderately hot, slightly greased tins. If desired, a few currants can be placed on the top of some. Bake to a delicate colour.

Welsh Cakes.

2 lbs. Flour.
2 ozs. Powder.
Pinch Salt.
1 Pint Milk.
6 ozs. Fat.
6 ozs. Sugar.
4 ozs. Currants.

Method: Weigh up flour and powder. Sift on table, place in bay fat, sugar, salt. Cream together, add milk, currants, rub down, dry up and cut out with round cutter. Place on boards, dusted, let lie 15 minutes, and bake on cool plate.

Wholemeal Scones.

1 lb. Wholemeal Flour
6 ozs. White Flour.
1¼ ozs. Powder 2 x 1.
3 ozs. Fat.
4 ozs. Sugar.
12 ozs. Milk.

Method : Proceed as for Sultana Scones.

Pork Pies. (Best)

Either cold or hot water paste.
12 lbs. Flour.
6 lbs. Lard.
4 ozs. Salt.
1 qt. Water, cold or boiling.

The same method applies to all pastes given.
Rub lard in fine, add salt to water and mix well. For cold water paste it is advisable to raise pies the day before baking.

Pork Pies (Cheaper).

12 lbs. Flour.
4½ lbs. Lard.
3 Pints Water, hot or cold.
3 ozs. Salt.

Pork Pies (Cheaper still)

4 lbs. Flour.
1 oz. Salt.
1 lb. Lard.
1/2 oz. Powder.
1¼ Pint Water.

Viennese Tarts.

2 lbs. Margarine.
1/2 lb. Castor Sugar.
2 lbs. Flour.

Method : Cream up fat and sugar, add flour mixed with liquid and stir. Place in savoy bag with star tub, drop into custard cups (Small) with paper cases inside in the form of a star with centre open. Bake in oven 400° —a golden tint. Dust over with icing sugar. Place a little jelly in centre.

Butter Tarts.

2 lbs. Butter and Neutral.
10 ozs. Icing Sugar.
1¾ lbs. Flour.
2 ozs. Corn Flour.
4 ozs. Ground Almonds.

Method : Proceed as for Viennese Tarts. Place in bag with 1/2 inch savoy tube (plain). Pipe round the inside of small custard tins with a spot at bottom. Pipe in apricot jam, and bake in oven at 380°.

Swiss Rolls (Good Quality)

1 qt. Eggs (frozen) } beaten
1½ lbs. Sugar. } together
1½ lbs. Flour. }

Method : Beat up eggs and sugar. Add hot water. Sieve Flour, gently stir in. Makes 2 sheets 18 × 30. For chocolate, reduce flour by 2 ozs. and substitute 2 ozs. chocolate powder and colour.

Oven temp. 460°.

Cheap Swiss Rolls.

1 pt. Eggs.
1 lb. 9 ozs. Sugar.
1 lb. 14 ozs. Flour.
1½ ozs. Powder 2 × 1
1 Pint Milk.

Method : Beat up eggs and suggar light. Beat in hot water. Sift flour and powder; whilst mixing stir in milk. Make 2 sheets 18 × 30. Bake in oven at 480°.

Wine Cakes.

3¼ lbs. Flour.
1 oz. Cream of Tartar.
1 oz. Carbonate of Soda.
2 lbs. Sugar.
1¼ lbs. Fat.
1 pint Eggs.
1 pint Milk.

Method: Cream fat and sugar. Mix water add to eggs and beat to batter. Let it stand in cool place for 24 hours, drop into wine cake tins and bake in ovens at 440°.

P. S. Note equal quantity of cream of Tartar and Carbonate of Soda.

German Paste.

4 lbs. Flour.
2 lbs. Margarine
1 lb. Sugar.
Colour.
1/2 pint Eggs.

Method: Sift flour, make bay, place in fat and sugar, cream and eggs and water, mix together. Suitable for all lining work.

Windsor Cakes.

1 lb. 11 ozs. Sugar.
1 lb. 8 ozs. Butter and Fat.
15 Eggs.
1 lb. 9 ozs. Flour.
12 ozs. Corn Flour.
3/4 oz. Powder.
1 gill Milk.

Method: Beat up eggs and sugar light. Add eggs and water. Sift flour, powder, corn flour, add to batter, mix lightly but thoroughly, scale off 14 ozs. in Gateaux pans with sloping sides which have been buttered and dusted out with flour - place a few split almonds on top and bake in oven at temp. 340° Yield 8 cakes plus 4 ozs. When cool dust with icing sugar—Yield 9 cakes.

Almond Gateaux.

1 lb. 10 ozs. Sugar.
1 lb. 8 ozs. Butter and fat. } Creamed Together

3 ozs. Marzipan.
1½ Pint Eggs.

1 lb. 10 ozs. Flour.
12 ozs. Corn Flour. } With butter and eggs.

1/2 oz. Powder.
1 gill. Milk.
Weigh at 15 ozs. Makes 6 cakes.

Method : Gateaux pans with sloping sides—well butter tins and roll around the pans nib almonds, as many as will adhere to the pans—fill the above mixture into pans. Place a few strip almonds on top and bake in oven at 320°. A delicious eating cake.

Gateaux-Butter Sponge. (Rich)

1 qt. eggs.
2. 1/4 lbs. Sugar. } Beaten up light.
1. 3/4 lbs. Flour.
1/4 lbs. Corn Flour.
10 ozs. Melted Butter, not too hot.

Method : Beat up eggs and sugar light. Add milk and just stir through. Sieve flour, corn flour, partly mix, and whilst mixing add melted butter, which should not be hot. Weigh in gateaux tins, according to price.

Cheap Gateaux—Not Butter Sponge.

2. 1/2 lbs. Fat.
2. 1/2 lbs. Sugar.
2. 1/2 lbs. Eggs.
4 lbs. Flour.
2. 1/2 ozs. Powder.
1 qt. Milk.

Yield : 44—6 d Gateaux.

Method : Sugar, butter, add water to eggs. Whisk and add to batter. Stir in other ingredients—weigh in small hoops at 5 ozs.

Genoese.

A very good commercial Genoese.

2 lbs. Fat.
2. 1/2 lbs. Sugar.
1 qt. Eggs.
1.1/2 ozs. Powder 2 x 1.
3·1/2 lbs. Flour.
1 Gill Milk.
Makes 1 sheet 18 x 30
Oven temp : 340°
Method : Same as following recipe.

Genoese.

Good quality for petit Fours.

2 lbs. Butter.
2 lbs. Sugar.
20 Eggs.
2 lbs. Flour.
1/4 lb. Ground Almonds.
Pinch Powder.

Method : Cream butter and sugar light, add eggs. Cream up well, add dry ingredients and bake in oven at 320°. Fills a frame 18x26.

Slabs, good quality, Fruit.

2.1/2 lbs. Butter.
2.1/2 lbs. Sugar.
3.1/4 lbs. Eggs viz : 1 qt. & 2
3.1/4 lbs. Flour.
2.1/2 lbs. Currants.
2.1/2 lbs. Sultanas.
1 lb. Peel.
1 lb. Cherries.
1/4 oz. Powder.

Method : Sugar, butter and milk added to eggs and beaten in machine. Flour mixed in, fruit last. In winter time especially care should be exercised in the temp. of batter. All raw materials should be kept at an even temperature to secure best results. Warm fat and sugar if you have not a gas ring under machine. Stand eggs in a bowl of warm water. Fruit should be warmed. Do not over-mix. *This applies to all cakes.*

Slabs, good quality, Plain.

2 lbs. Butter.
2 lbs. Sugar.
2 Pints Eggs.
2 lbs. Flour.
1/4 lb. Corn Flour.
1/4 lb. Ground Almonds.
Sugar Batter Process.
Makes 2 small slabs.

Method: Sugar, butter and milk beaten up with eggs and sugar.

Cherry Slab, good quality.

2.1/2 lbs. Butter.
2.1/2 lbs. Sugar.
3.1/2 lbs. Eggs. (1 qt. & 4)
3 lbs. Cherries.
1 1/2 lbs. Citron.
Good colour.
3.1/2 lbs. Flour.
Makes 2 slabs.

Note on Cherry Slabs. Difficulty is often experienced with the making of cherry slabs. It frequently happens that instead of the cherries being evenly distributed, they sink to the bottom, producing an unsightly-looking cake. To avoid this care should be exercised in the balance of the mixing, and every precaution taken to avoid it. The day before making **Cherry Slabs,** wash them to remove the syrup, and put them to dry. Cream up fat, sugar, eggs and milk, roll cherries in the flour, add citron and mix. Temp. 340°.

Cheaper Cherry Slab.

1.1/4 lbs. Cake Margarine and Neutral.
1 Pint Eggs.
3/4 ozs. Powder.
1.1/2 lbs. Sugar.
3 lbs. flour.
1 Pint Milk.
1.1/2 lbs. Cherries.
1/2 lb. Cut Peel.

Same method as previous mixing.
Makes 2 small slabs.
Oven temp : 350°.

Cheap Slabs.

Flour Batter Process.

I. 3 lbs. Fat.
3 lbs. Flour. } Creamed up light.

II. In bowl :
1.1/2 lbs. Ground Rice.
6 lbs. Sugar.
5 pints Milk.
1 oz. Salt.
2 ozs. Glycerine.
Essence & colour.

III. 5 lbs. Flour.
2.1/4 ozs. Powder.
For fruit add
8 lbs. Mixed Fruit.
1 lb. Peel.

Method : Cream, fat and sugar together light. Add No. II, mix in No. III, and bake in oven with plenty of steam, at 380°. Makes 4 slabs.

Plain Slab, Cheaper quality.

1.1/2 lbs. Fat.
2 lbs. Sugar.
20 Eggs.
1/2 lb. Ground Rice.
3 gills Milk.
2.1/2 lbs. Flour.
1/2 oz. Salt.
1/4 oz. Powder.

Method : Flour or Sugar batter ; if sugar, beat up fat and sugar light, add eggs and 4 ozs. milk. Soak the ground rice in the milk, add salt and mix.
Makes 2 small slabs. A nice, moist cake of good texture.

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